



SURVIVAL PANTRY

THE PREPPERS SECRETS TO FOOD STORAGE, WATER
STORAGE, CANNING AND PRESERVING



Survival Pantry:
The Prepper's Secrets to Food Storage, Water Storage,
Canning, and Preserving

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Introduction

I want to thank you and congratulate you for downloading the book, "Survival Pantry: The Prepper's Secrets to Food Storage, Water Storage, Canning and Preserving."

This book contains proven steps and strategies on how to survive several types of doomsday scenarios, whether manmade or natural.

The prepper's guide you will read requires three things. First is the dedication to pursue a prepper's way of life. Second is a certain amount of financial commitment. Make no mistake; this prepper's guide will try to cut back on costs, whenever it is possible. However, it will stand firm on certain expenses and requirements that are must haves. Third is to properly plan every move you make. An improperly gathered prepper's supply may go to waste. You don't want that!

This eBook will start by differentiating between three types of storing needs: short term, midterm, and long term. This way, whatever the situation, you are maximizing your resources. The author will then separately discuss different storage methodologies. Emphasis will also be made on where to hide your prepper's pantry. Remember, a catastrophe brings out the best and the very worst in people. You need to prepare for the latter because you don't want anybody else benefiting from your supplies! Last but not the least, this eBook will also discuss how you can restock and/or maximize your supplies when calamity strikes.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1: Short Term, Midterm, And Long Term

As a general rule, preppers should plan for several types of disaster, one at a time. They shouldn't stock everything all at once, nor should they expect to be fully prepared at once. And they need to be very picky about what they store, how they store it, and for how long. It takes careful planning and at least several months of stocking up. Pick one project at a time. If your project can be utilized in different doomsday scenarios, then that would even be better. If not, then don't push it.

What Doomsday Scenario Should I Plan for?

The answer really depends on you – where you live, where you plan to keep your stores, and how you read the current situation. Some prepare for an economic meltdown, others choose to prepare for a nuclear holocaust, and there are those who prepare for a massive earthquake, meteorite, or flood.

Start with what you truly believe will happen, and make sure it is something you are able to prepare for. Look at your location. Are you more likely to be hit by an earthquake, killer tsunami, or maybe you live near the capital cities that are prone to attack and massive panic.

Arguably, the hardest to prepare for is a doomsday scenario wherein the earth is flooded. But it is possible, particularly if you are in a prepper's group.

Tip: you can always expand your doomsday scenarios once you've finished up preparing for one. This way, regardless of the calamity that strikes, you have a better chance of survival and you'd most likely be able to maintain basic human dignity.

Short Term, Midterm Term, Long Term

These are the three (3) key points when prepping for any disaster. Each term is important and has its specific purpose. You can't skip one term because it will negatively affect your entire food storage system.

Short Term

Short-term storage means a week's rations, with the ability to gather some more. It should be light, easy to carry, and ready to eat. You usually keep things inside a backpack, carrying them with you at all times. Your backpack should also come with basic survival, hunting, and foraging gear. This way, whatever happens, you have food and clean water, as well as a means to find and process more!

Your emergency backpack should at least contain the following:

3 pounds of food (i.e. dried meat, oats, or fruits, sealed in an airtight container)

8 liters of clean water minimum

Fixed-blade knife, with a sturdy 10- to 16-inch blade and a heavy handle

Aluminum water canteen

Non-lubricated condoms (additional water storage)

Water purification tablets or food grade chlorine

Fire-starter kit, preferably made of tinder

Flashlight with compass and magnifying glass

10 meters of Paracord

Fish net and fishing hooks

Lever-type Mouse trap (yes, small rodents are food)

Thermal blanket

Medicine (i.e. iodine, diarrhea tablets, antibiotics, antiseptics, sutures, and gauze)

Remember, sometimes you want to be visible; in other times you want to blend into your surroundings. Your backpack should be of a camouflaged color, suited to your surroundings. A couple of Velcro-attached reflective strips might also help.

Midterm Storage

These are storage containers that can easily be moved from one place to another. Think 5-gallon water containers, 24" by 24" boxes, and a ready-to-move, fortified mobile command center. The author prefers an old-model big-body van or a mobile home, modified to utilize several forms of fuel (i.e. gas, electric, solar, etc).

Midterm Container of Choice

The usual suspects are PET plastic, paper boxes, wooden crates, cans, bottles, airtight plastic, etc. Your main consideration is portability and durability. As much as possible, keep your processed foodstuff and water in their original containers. It was made to last this way. Just make sure to buy a brand that is thick enough to be durable, but still thin enough to be light and flexible.

Tip: your midterm food and water stores should be the ones that are nearest the expiration point. That is why it is important to keep track of expiration or best before dates. This will be discussed in more detail in long-term storage.

Midterm Food Requirements

You need enough food to last you 1 to 3 months, when imbibed frugally. If you scavenge more food, then you can increase the rations. If not, stick to the bare minimum. A great majority of this will be in terms of potable water. A rough estimate is you'd need a minimum of 2,000 calories per day, preferably 2,500. This is roughly a handful of nuts, a few bits of jerky, as well as another handful of dried fruits and oats. Remember, you need protein, fiber, and carbs to function properly and to maintain your health in the long run.

Long-Term Food Storage

The main difference between midterm and long-term storage are location, sheer volume of foodstuff and potable water, and different types of containers. This is

usually a discreet, secure, and out-of-the-way location where preppers can resupply and even hole up for long periods of time.

You find the same types of containers you'd use for short term and midterm. But you also find larger containers that can hold 50 to 100 gallons of water. Large sacks of grain, as well as crates full of canned, bottled, vacuum-sealed goods, are also stored.

More importantly, this is where a sustainable source of foodstuff and even water can be had. For example, some of the best preppers find caves, secure those locations, and dig their own deep wells. The inside of the facility also contains renewable sources of foodstuff, like insect farms, bees, vegetables, and mushrooms. Sometimes, livestock is also kept inside for breeding, dairy, and eggs.

Chapter 2: Water Storage

Water is arguably the most necessary element in a prepper's stock. It quenches thirst, provides that added boost of morale, and keeps your body functioning. Without water, you also cannot eat, unless you want to hasten your own death. This chapter will discuss both potable water for drinking and water used for other purposes (i.e. personal hygiene, sanitation, vegetation, etc).

Potable Water

Think of how easy you have it. If you want clean drinking water, you just open the faucet or your water dispenser. In most doomsday scenarios, you won't be so lucky. Water services will most likely be down, and whatever water is easily accessible, will surely be jam packed with thirsty individuals. Most likely, armed men will be monopolizing the same. That is why you need to have a huge stock of drinking water, a secret source of water, and/or a means to extract water from your environment.

Water on Stock

The most convenient way to stock water is via food-grade PET containers. You can easily buy different-sized units online or via big-name supermarkets. Tip: you don't need to have one of every size. Choose one size for your hand carry units (i.e. 24 ounce), another for midterms and transportation ease (i.e. 10 gallons), and another size for your long-term storage (50 gallons). But some of the best preppers will tell you to have at least one food-grade enameled steel drum water container for every 10 big storage tanks. Why? This is because you'll never know when you need the extra strength of steel for storage, purification, and transportation.

Most newbie preppers will ask, "how about buying secondhand PET containers?" The answer depends on the quality of the secondhand units. At the very least, you want to make sure that the same container only carried stuff you would eat yourself (i.e. water, vegetable oil, salt, etc). Second, you will need to clean the container extensively. This means you can at least open the lid completely and there are no discolorations, pungent smells, damage, and cracks, among other things.

Remember, you need to store water for the long term, and improperly cleaned containers may cause spoilage. Yes, water does spoil! And yes, even newly bought PET containers should be cleaned. Below are a few cleaning guidelines:

- You will need dishwashing detergent, sponge with scouring pad, and water.
- Start by cleaning the outside of the container. Then move towards the inside of the container.
- Make sure to gently scour every bit of the inside and the outside.
- Now wash the detergent away with clean water until no suds remain.

Rain Harvesting

One of the biggest things you will have to buy is a rain-catching facility. Ordinary, harvesting units that are constructed above ground are impractical. Once someone else sees it, you can be sure your facility will be looted. Some preppers construct

huge underground cement water tanks that open on top, to catch rainwater. They use different ways to camouflage the top.

Deep Well

Aside from catching rain, you also need to construct a deep-well facility. The same usually becomes the prepper's home base. Of course, a deep well is not an infinite source of water, so it is better to have several in one area. This is possible because it only takes a couple of meters, drilled in separate locations, to tap into different underground water sources.

Treatment

Water treatment is necessary for several reasons. A good prepper has several ways to treat water. Usually it goes through a couple of processes, like dripping, boiling, and chlorination. This ensures that water is safe to drink and can be stored for the longest possible time. The easiest, of course, is chlorine treatment. As a general rule, you need four drops of Chlorine for every gallon of clear water, and eight drops for cloudy water.

If you are in a pinch, you can also treat water by heating it under the sun for the whole day. The UV rays should kill most of the harmful bacteria found in water. Also, you could utilize the water cycle to extract clear drinking water from almost anything that contains liquid (i.e. pee, saltwater, muddy water, etc). All you need to do is to catch the condensates.

Filtration

The easiest way to filter water is to utilize sand, activated charcoal, and then crushed limestone. This allows you to convert muddy or cloudy water into clear water. But remember to change your filter regularly.

Boiling

You need to boil water continuously for 3 to 4 minutes to kill most of the harmful pathogens. This is best done in aluminum or steel-enameled drums. Wait for the water to cool down completely before placing it inside PET containers.

Distillation

When water is boiled, vapor goes up to the air via condensation. If you catch this and gather it into a single container, then you have one of the purest drinking water there is. Distillation is a means to take out clean water from wastewater, pee, or even saltwater.

Tri Location

Don't put all your eggs in one basket. This way, if one facility gets compromised, you still have other stores. Just make sure that you can go to and from one location to another, relatively unnoticed.

Cycling Thru Your Water Stores

Store-bought water has an expiration date. Properly treated water, stored by you usually lasts 6 months. It is important to cycle thru the water you store and collect.

Mark the drums with collection and expiration dates. Any water past that date can be re-treated or used for washing clothes, bathing, and watering plants, or for livestock.

Non-Potable Water

In any doomsday scenario, you always recycle everything, especially water! Water you used to wash yourself should then be used to water plants. Water that is not fit for human consumption can still be drank by livestock. Your motto is “waste not, want not!”

Chapter 3: Food Storage

Food storage is a little bit trickier than water storage. For one, you need different types of foodstuff to perform at your optimum. Second, processed foods come in a variety of containers (i.e. tin can, glass, tetra packs, etc).

What Should I Store?

The simple answer is edible-out-of-the-container, long-lasting nutritious foods. As stated earlier, you need vitamin-rich, protein-rich, and carbohydrate-rich foods. The usual items you see preppers hoarding are:

Grains (i.e. rice, wheat, oats, corn)

Assorted dried fruits

Canned and bottled meat, veggies and fruits

Crackers and nuts

Smoked meat

Healthy comfort food, like chocolate, peanut butter, and cheese

Vitamin and minerals

Dehydrated meats, fruits, and veggies

Salt, pepper, sugar, and spices

Nutritious and Palatable

You want to choose foods that allow you to eat a balanced diet. However, as much as possible, choose something you and your family regularly eats. This provides you with a certain degree of normalcy, in times of stress.

Sustainable Sources of Food

In a doomsday scenario, you will need to scavenge and hunt for food to augment your stores. Nope, you're not going to hunt for big game. Chances are the only available animals to hunt are small rodents (i.e. rats, squirrels, possum, etc).

That is why it is important to have hunting tools and traps, as well as to learn basic hunting techniques. Also, once you've caught your prey, you should know how to skin, gut, smoke, and preserve it.

How Much Food to Store?

You need to be technical about how much food to eat on a daily basis. Counting grams is important but not enough. You also need to take your caloric intake for proteins, fats, vitamins, and minerals into consideration. As a general rule:

30% protein,

40% carbohydrates

30% fats

Counting Calories

On any given day, a healthy and average male weighting 150 pounds needs at least 3,500 calories. Females require slightly less. In an emergency situation, you can go as low as 2,000 calories for short durations. However, to maintain a viable level of health, you should revert to a 2,500-calorie diet as soon as possible.

Subsistence Diet

The bare minimum is probably a little less than 900 calories a day. This is sustainable for 1 to 2 years. Anything longer and your mental functions will also deteriorate, together with your already-deteriorated bodily functions.

Chapter 4: How to Can Your Own Food

Technically, canning and bottling your food are the same. They both involve preserving choice bits of foodstuff for posterity. This article will discuss different forms of canning: simple stove and bottle-with-lid canning, and actually sealing the food inside a tin can.

Immersion Canning

This is food preservation at its simplest. This usually involves high-acidity fruits and vegetables. Fish, poultry and meats can also be stored this way, but it should only be done when there's no other option. All you need are:

- Clean, heavy jar or bottle, with a heavy rubber-sealed lid, usually the screw type
- A stovetop pot that can easily hold the entire bottle (several actually) from bottom to top
- Your choice cut of “blemish-free” foodstuff to can
- Water
- Salt

The Process

Make sure that everything is sanitized, from your bottles to your lids. Use purified water. Only use foodstuff that are blemish free. Make sure that the slightest rotted portion is removed. Place your foodstuff inside the jar. Add just enough water. If the food you are canning is acidic (i.e. tomatoes), then you do not need to put in any salt. But you could if you really want to. Otherwise, add a pinch of salt and lemon juice, or vinegar, as preservative. Now close the lid tightly. Place the jars inside the pot. Place water on the pot until everything is immersed in water. Now boil the water. The pot needs to reach an internal temperature of 212 Fahrenheit. Remove the bottles and wait for the lids to pop.

Pressure Canning

This method requires you to buy a pressure canner. This looks similar to a pressure cooker but it is specifically made for canning foodstuff. Again, you use a specialized heavy bottle with a rubberized lid. This type of canning is more reliable, makes food last longer, and allows you to can non-acidic foodstuff. The best thing about this is, the pressure canner does all the work and signals you once the internal temperature reaches 250 degrees Fahrenheit.

Tin-Can Canning

This type of canning allows you to store your processed foods inside tin cans. The plus side is, it will be more secure, easier to transport, and lighter. The problem is that it leaves a metallic taste, and the canning gear required is rather expensive. You need a metallic canner and you need to buy some tin cans.

Tip: It is best to follow canning recipes that have actually been tested. You can buy those in bookstores or online. You can also experiment to some degree, provided you are already adept at canning. Also, if there is a preppers' convention near you, it is a gold mine of canning information, among other things. You should visit the website of the National Center for Home Food Preservation.

Chapter 5: Other Methods of Preserving Your Food

You can't can everything. Aside from canning their food, preppers have several other options when it comes to storage. This article will discuss several of the more practical methods of food preservation.

Dehydrated Foodstuff

Dehydrating your food allows it to last longer. Simply put, you expose your food to heat without cooking it, simply to take away moisture from it. It also makes your food lighter and smaller. You will need an electric-type food dehydrator for this. Not to worry, it's not really that expensive. Tip: some preppers choose to dry their foodstuff both in electric dehydrators and under the sun. This adds a little bit more flavor and ensures that there is the least amount of moisture left.

Freeze Drying

If you have a stable and independent source of electricity, or you live in an area where temperatures get extremely low, then freeze-drying is an option. The best temperature to work with ranges from -50°C to -80°C . The good thing about freeze-drying foodstuff is, it won't affect the nutrient content. The problem is, it will definitely affect texture and sometimes, flavor. Therefore, you need to choose what foods to freeze dry. For example, berries, peaches, and bananas are all good candidates for freeze-drying. These taste great even if you do not reconstitute them. Rice, bread, and pasta aren't so freeze-dry friendly.

The simplest method of freeze-drying involves preparing the foodstuff, much like canning. Clean it, peel the skin, remove the core, and cut it into thin evenly-sized pieces. Now leave it for a week in temperatures of around -50°C to -80°C . Tip: If you are freeze-drying inside your freezer, you should clean it thoroughly. Remember, the food you freeze-dry also takes in the smell and flavors of whatever is kept inside the freezer at the time of freeze-drying.

To test whether your foodstuff has freeze-dried properly, cut a small chunk. Leave it in room temperature. It should thaw out and retain its color. If it discolors, or turns blackish, then it is not yet fully freeze-dried.

Salting

Salted meat, poultry, and fish could also prolong your stock. For best results dehydrate and/or sun-dry salted foodstuff. Be liberal with the salt, but don't be wasteful. You never know when you can restock on salt.

Smoking

Usually you smoke meat, poultry, and fish. If you are in a pinch, or in a doomsday scenario, you can easily skin, gut, and smoke small critters, like rats, frogs, squirrels, and fish. You could either use a close-top grill for this purpose, or you could do it the old-fashioned way, via homemade smoke houses. You can also smoke food on the go

by placing it near a campfire for several hours. Close enough that a bit of heat and lots of smoke get into the meat, but far enough that it doesn't get cooked by the heat.

As an added benefit, smoked foodstuff is extremely tasty, especially if flavorful wood is used. The problem with smoked foodstuff is that it won't keep for very long. One trick to prolong it, is to dry the food after smoking.

Chapter 6: Scavenging and Restocking

Scavenged food and/or water allow you to restock and prolong your survival. Be very careful when scavenging because you never know who is following you. At the very least, make sure nobody is following you when you return to base camp.

Empty Houses

The first thing you look for is water. There might be some water trapped inside tanks and even in pipes. Close all the taps inside a home. Now open one tap, at the highest point of the home (i.e. top floor bathroom). Now open one tap at the lowest point of the home (i.e. basement).

After looking for water, you should also see if there are leftover foodstuffs that have not yet gone bad, even if they're just canned or dehydrated dog/cat food. You can either use those as bait, or eat them as a last resort.

Malls and Groceries

Be thorough and silent when scavenging inside big commercial establishments. Chances are you might meet other people or hungry animals. The last thing you want is a confrontation!

Foraging

This usually refers to edible and medicinal plants, fruits, and vegetables. In order to be a good forager, you need to get educated. Learn what types of plants, fruits, and vegetables are edible. Pay special attention to poisonous plants. But learning thru books is not enough; you also need to have experience.

Tip: to aid you in identifying plants, look at the shapes of the leaves, and also pay attention to the colors and smells of the bark or roots. Know what types of plants are endemic in a particular locale, especially near your home base. Consult with local bushmen or nature guides. When in doubt, it is best not to eat it! Bring a sample to your home base and feed it to a pet rodent or something.

Planting

Another method of ensuring sustainable food sources is to grow things. Tip: work with what is available to you or possible for you. For example, if your home base is cave, then you could grow edible mushrooms. A caveat though, never plant fruit-bearing trees or plants very near your home base. If inadvertently discovered by strangers, you don't want them to find your secure hiding location as well. Also, be very cautious when harvesting. Always stop, look, and listen before exposing yourself. It is best if you have at least one (1) lookout for your own safety.

Breeding

To ensure you have meat on a regular basis, you might want to breed livestock. Choose species that are nutritious, have different uses, breed fast, eat and drink very little, and are easy to transport. For example, you can breed rabbits, rats, crickets, bees, chicken, goats. You could also maintain nurseries for fishes.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to get a grasp of what you need when planning for a disaster. Remember, your priority is water, food, and then creature comforts. The keywords should always be renewable resource, and frugality.

The next step is to learn some more and augment your stocks. Yes, more heads mean more mouths to feed, but also mean more resources and added security. Just make sure to cycle thru your stores in order to avoid spoilage. Tip: some of the best preppers contribute their excess or about-to-expire stocks to soup kitchens. Also, don't forget to read up on relevant laws regarding hoarding, as well as collecting water. At this point, it's not really a big concern, but it's better to be safe than be sorry.

How about reaching out to your community and establishing a preppers network? Choose wisely, mind you. You want to be able to contribute, as well as get valuable information to aid you in your prepping endeavor.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!

Preview Of ‘The Paleo Diet Guide: 7 Day Paleo Diet Plan to Achieve Accelerated weight Loss’

Chapter 1 – Why Choose the Paleo Diet

There are tons upon tons of weight loss diets that are in existence today and finding one that suits your needs can be truly daunting. They come as fast as they go – rising and fading in popularity - then failing miserably before achieving sustainable weight loss for their followers. None of them, however, have captured the minds and imaginations of dieters more than the Paleo Diet.

Several years after it was introduced, the Paleo diet has continued to surge in popularity - despite having many detractors among the lot of nutritional experts and health professionals whose idea of what constitutes the ideal food pyramid has been challenged by the most basic Paleo principles. In fact, the Paleo Diet was the most searched weight loss diet in 2013 according to Google, and continues to be from the start of 2014 – clear proof that its popularity continues to be on the rise despite several attempts to discredit it in various media outlets by its detractors.

Why the Paleo Diet is so Popular

There can only be one reason why the Paleo Diet has retained its popularity and continues to grow its legion of followers through the years. It is because it works. And, it works because it is founded on principles that are not only sound and logical, but also because it makes a lot of sense.

The Paleo Diet is by far the first, if not only, dietary regimen that recognizes modern food, particularly processed foods, and genetically modified food and ingredients as the major source of toxins that skew our hormonal balance, disrupt our immune system, jeopardize our metabolism, and put us at great risk for contracting any of the so-called dreaded ‘ diseases of civilization ’ such as cancer, diabetes, high blood pressure, cardiovascular diseases, and obesity.

By going Paleo and giving up all processed foods, the Paleo converts swear to the many benefits it has brought them which include a general feeling of well-being and consistent, higher energy levels throughout the day, as well as better mental clarity and laser-sharp focus. Paleo athletes swear this diet has improved their athletic performance and helped them to push harder. For all of them, this diet has allowed better quality and deeper sleep, giving them some much needed rest. The added bonus they get after embracing the Paleo lifestyle is the weight loss that comes naturally without them even trying.

They actually didn ’ t need the opinion of health and nutrition experts, much less get their cue on what ’ s the best weight loss diet from cockeyed surveys conducted among people who are not even familiar with the basic principles underlying the Paleo diet. After trying the Paleo diet themselves and experiencing firsthand the many benefits it brings, people usually become Paleo converts deciding to make Paleo their lifestyle and following the diet for life. As of the last count, these converts are growing.

The Real Reason Why The Paleo Diet Works While Others Don ’ t

Most weight loss diets are built solely around the principle that by taking in less calories you can burn, you 'd be able to prevent fat build up and lose weight in the long term, since the body will have the fat cells necessary for fuel. This simplistic approach to weight loss, while perfectly correct, loses sight of just one thing.

Fat cells are not produced by the body merely to store carbohydrates for fuel for later use. Fat cells are produced by the body to temporarily house toxins which the liver is unable to filter out, particularly when there is too many toxins for the liver to handle at any given time. The capacity for the liver to filter out waste and toxins is limited. As long as there are more toxins than the liver can handle, fat cells are created where the toxins are diluted with water and stored until the time when the liver can finally attend to them, and filter them out. In other words, the body 's first line of defense against toxins is the fat cell. This is how our system ensures that there won 't be too many toxins in the blood to poison us.

This means, no matter how much and how long we starve ourselves of carbohydrates by dieting, we won 't be able to gain much ground and lose as much weight as we want to if our bodies are bombarded with toxins. At best, we 'll only lose weight during the course of our diet, but are likely to end up gaining back whatever weight we shed just as fast when we stop dieting.

The gaping hole that allows toxins to get into our system must be plugged in order to help the liver get rid of whatever toxins are already inside our system. Otherwise, the liver will be tied up with getting rid of new toxins while the old toxins will continue to build up to a point where the stored toxins will start to cause us damage to the fat cells, thus affecting their metabolic capabilities.

Where do the toxins come from and how do we plug this gaping hole?

Toxins and other poisonous substances foreign to our bodily system find their way into our bodies through the food that we eat, through the water that we drink, and even through the air that we breathe. These poisons come in various forms, from toxic residues of antibiotics injected into livestock and poultry to fend off disease, from the growth hormones they are fed to insure their growth, and from the industrial feeds produced from genetically modified corn meal and grains. The poisons get embedded in the meat of the farm animals we buy from the supermarket. They can come in the form of fertilizer, herbicide, and pesticide residues that remain in farm produce such as fruits and vegetables. They come in the form of high concentrations of sodium and sugar in the water that we drink and the processed foods that we purchase. Toxins may also come in the form of environmental pollutants in the air that we inhale.

The endothelial cells lining the walls of our blood vessels communicate directly with the newly formed fat cells and instruct them to store the toxins diluted with water to keep our blood clean of toxins. Our immune system does not allow the breakdown or metabolism of these fat cells if the amount of toxins embedded in our fat cells put our lives in peril once they are released into the blood stream, after the fat cells holding them are metabolized. This is the reason why some people have difficulty losing weight despite starving themselves almost to death.

The only way to plug the gaping hole and prevent further toxin build-up in our bodies is to eat natural, whole foods – unprocessed, organically grown, grass fed, pasture-

raised, or caught from the wild. This is basically what the Paleo diet is, and the very reason why it is superior to other dietary regimens.

Sustainable weight loss is a welcome and natural side effect of going Paleo. The Paleo diet helps us achieve this weight-loss naturally and without difficulty, simply by having us focus on an eating regimen that gives our body respite from the onslaught of toxins.

[Click here to check out the rest of \(The Paleo Diet Guide: 7 Day Paleo diet Plan to achieve Accelerated weight Loss\) on Amazon.](#)

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